

Body Scan

Instructions:

Use this guided mindfulness with your class to have a brain break. Body scans are beneficial for mindfulness and calming and reducing anxiety by developing awareness of self and being present in the moment.

Read aloud:

Life can be busy, exciting and fun - which is great! However, we need to make sure we take time to pause and be still to look after our bodies and minds amongst all the busy, fun times. A great way to do this is by doing mindfulness and meditation. We are going to do some of this now.

Take a moment now to focus on your breath. You don't need to change how you breathe; just notice how it feels breathing in and out. Can you feel the breath travelling down into your lungs? Where in your body do you feel the breath moving? In your tummy? Your chest? Just notice these feelings as you breathe.

We're going to do a quick body scan now, starting at the bottom of your body and working to the top. So close your eyes and take a few deep breaths. While we scan, focus on how everything feels. There is no wrong way to feel; just notice it.

Okay, so starting at your toes, scan up through your feet... into your ankles... up your calves... and the upper leg... now your tummy and lower back, notice how it feels today. How about your chest and shoulders? Next, scan down your arms... right down to your fingertips... then back up to your neck... and into your head.

Notice how you feel in every part of your body, and let yourself feel those feelings. Now that we have had a moment to check in with ourselves, we can get on with our day.

